HOW TO STAY UPBEAT AND POSITIVE!

- Expect positive outcomes every day!
- Start each day by planting positive seeds of thought!
- Look forward, not backward…
- Take time every day to daydream!
- Dare to aim High!
- Attitude is everything!
- Learn from your mistakes and move on!
- Enjoy the sunset…
- Accept occasional small setbacks
- Live your dreams!

From Alexander Lockhart, Positive Changes, Zander